

# Upcoming Events

at the WCOA

## Wellness Center for Older Adults

### Community Partnership Events

#### ***Creativity Leads to Wellness***



**July**

**1**

Join our creative art session led by local artist, Sharon Fishel from McLean Project for the Arts. This class will focus on individuals discovering their own creativity working in the mediums of drawings, paintings and mixed-media collage. All materials will be provided.

---

#### ***'Brown Bag' Medication Safety Event***



**July**

**5**

NOVA Scripts Central offers free, confidential medication reviews and educational materials to people with concerns about their health. 10AM-2PM, call to reserve an appointment at 703-970-3601.

---

#### ***Understanding Diabetes***



**July**

**14**

American Health Care Professionals' Wellness Nurse, Liz Day, will host this free educational presentation at 10:00AM. Call to reserve a seat at 703-970-3601. Refreshments will be provided.

---

#### ***Birthday Bingo Celebration***



**July**

**22**

Happy Birthday baby! Come celebrate with us at 1:00PM, July baby or not. Cake will be provided. Call 703-970-3601 to save a slice!

For more information: <https://www.servicesource.org/virginia-wcoa>  
call 703-970-3601 or email [VAwellnesscenter@servicesource.org](mailto:VAwellnesscenter@servicesource.org)  
4027B Olley Lane, Fairfax VA 22032

# Upcoming Events

at the WCOA

## Wellness Center for Older Adults

### Community Partnership Events

#### Memory Screenings



July

25

Insight Memory Care Center offers free, confidential memory screenings and educational materials to people with concerns about their memory or who want to check their memory now for future comparison. 10AM-2PM, call to reserve an appointment at 703-970-3601.

---

#### Siver Shields Anti-Scam Presentation at 9:00AM



July

26

This online event will be viewed at the WCOA. Join in-person or go to [bit.ly/VCAAzoom2](https://bit.ly/VCAAzoom2) to attend online. For a full list of activities on the VCAA: <https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>

---

#### Brain Health Presentation



July

27

AARP volunteer community ambassador, Suba Saty, presents "Six Pillars of Brain Health" Wednesday at 1:00PM. Call 703-970-3601 to reserve a seat. All guests receive a free activity book!

---

#### Music Therapy



July

28

This 10:00AM activity, led by music therapist Myra Goodrich, encourages participants to express themselves openly and freely in a safe and supportive atmosphere, while having the opportunity socialize with peers and community members.

For more information: <https://www.servicesource.org/virginia-wcoa>  
call 703-970-3601 or email [VAwellnesscenter@servicesource.org](mailto:VAwellnesscenter@servicesource.org)  
4027B Olley Lane, Fairfax VA 22032

# Daily Events

at the WCOA

## Wellness Center for Older Adults

*All events are free and open for  
registration by calling 703.970.3601*

### **Book Club**

**Mondays**  
**1:15PM**

Love reading? Discuss your favorite books and current reads. Discover new titles and learn from other reading enthusiasts.

### **Mental Muscle**



**Tuesdays**  
**1:15PM**

Test your skills playing classic trivia games and various brain games to increase knowledge and memory skills.

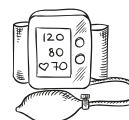
### **Tai Chi**



**Wednesdays**  
**9:00AM**

Join instructor Quinta for a low impact exercise. Tai Chi is a dance-like, martial arts form for all abilities. Adapted for seated and standing.

### **Blood Pressure Screenings**



**Thursdays**  
**10AM-2PM**

American Health Care Professionals offer free Blood Pressure checks and nurse consultations. Appointments are in 30-minute increments. 10AM-2PM, call to reserve an appointment at 703-970-3601.

### **Creative Art Corner**



**Fridays**  
**10:30AM**

Are you an art enthusiast? Join our creative art sessions where you can dabble in various crafting and art activities. Projects vary, all materials will be provided.

For more information: <https://www.servicesource.org/virginia-wcoa>  
call 703-970-3601 or email [VAwellnesscenter@servicesource.org](mailto:VAwellnesscenter@servicesource.org)  
4027B Olley Lane, Fairfax VA 22032

# Coming Soon

**Events**  
at the WCOA

## Wellness Center for Older Adults

***All events are free and open for  
registration by calling 703.970.3601***



### ***Butterflies!***

We are raising butterflies. Visit us and our babies. When they become adults, we'll have a butterfly launch party.



### ***Home-made Ice Cream Class***

Healthy eating is our goal. Join us as we make a three-ingredient NICE Cream next month. Look for more no-bake classes coming soon.



### ***Otago***

Otago is an evidence-based exercise class focused on fall prevention. This class will be offered for 8 weeks starting in September.



### ***Vaccine Clinic***

The Health Department will provide free vaccines at the WCOA. Look for flyers with upcoming information soon.

For more information: <https://www.servicesource.org/virginia-wcoa>  
call 703-970-3601 or email [VAwellnesscenter@servicesource.org](mailto:VAwellnesscenter@servicesource.org)  
4027B Olley Lane, Fairfax VA 22032



# Past Events

at the WCOA

## Wellness Center for Older Adults

*All events are free and open for  
registration by calling 703.970.3601*



For more information: <https://www.servicesource.org/virginia-wcoa>  
call 703-970-3601 or email [VAwellnesscenter@servicesource.org](mailto:VAwellnesscenter@servicesource.org)  
4027B Olley Lane, Fairfax VA 22032